

Personal Training

Our degreed and nationally certified Personal Trainers will motivate you to achieve your goals and get the results you want. They will create a customized exercise program based on your needs and preferences with the following steps:

Fitness Assessment: The trainer will determine your fitness level as well as your strengths and weaknesses.

Program Design: Your program will be designed based on these factors:

- *Personal goals*
- *Fitness Assessment results*
- *Medical restrictions (if any)*
- *Exercise preferences*

Re-assessment: Our trainers will reassess you every three months to help determine the progress that you have made and your program will be modified to keep you challenged and motivated.



Our approach to personal training is to assist you in improving your life, health and well-being while providing a fun and effective exercise program. Our clients not only see results, they are also educated about the

fundamentals of resistance and aerobic training, as well as the proper and safe use of equipment.

If you have not worked with a personal trainer **NOW** is the time. Whether you are a beginner, intermediate, or advanced exerciser, our personal trainers will help you develop the new you!

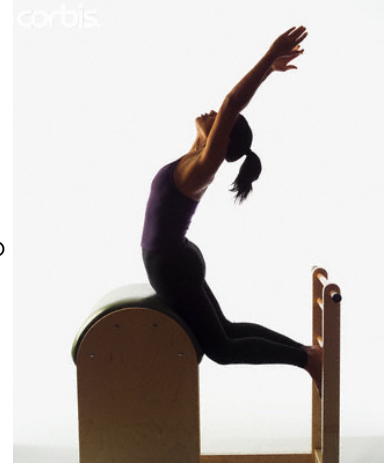


Choose the best package for you!
One-on-One or Group sessions are available to accommodate your needs.

You will notice the difference. You will love the results.

Pilates Personal Training

Pilates works several muscle groups simultaneously through smooth continuous motion, with particular concentration on strengthening and stabilizing the core (abs, back, pelvic floor, and diaphragm.)



Requiring the mind to engage with the whole body, Pilates can achieve a full body workout either on the mat or Pilates equipment. You will experience a new awareness of muscle function and control. Incorporating Pilates into your workout will:

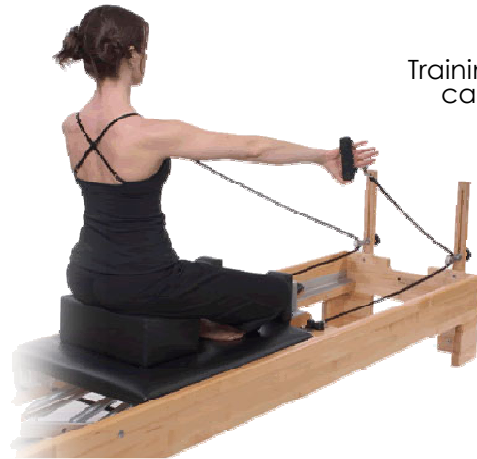
- Increase flexibility and control
- Uniformly develop strong, lean muscles
- Improve posture, coordination and balance
- Increase energy and stamina
- Achieve efficient and graceful movement.

One-on-One Session

Incorporating the Mat work and Pilates equipment, a certified Pilates Instructor will guide you through a variety of exercises focusing on your body and what your body needs on any given day.

Group Session (2 people)

Training with a friend can increase your motivation, enjoyment and discipline. A Pilates group session can incorporate mats and accessories.



**Are you as fit as you'd like to be?
Have you been working hard several days a
week for the past few months but unable to reap
the results of your efforts?
WE'RE HERE TO MOTIVATE!**

FEES

	Hour	Half Hour
1 session	\$80	\$50
10 session package	\$750	\$450
20 session package	\$1,400	\$800

*Non-refundable, non-transferable, must be completed in required time frame.
All packages require a Personal Training Contract at the first session.
All clients must be members of The Solana Club.*



getting personal

Personal Training & Pilates Personal Training

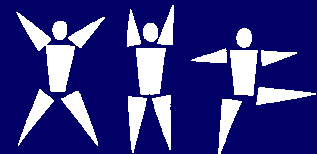


PERSONAL TRAINING REQUEST

Today's Date: _____ Member / Non-Member
 Name: _____
 Phone: _____
 Email: _____

Trainer Preference	Training Type	Session(s) Length	Training Package Requested	
<input type="checkbox"/> Male <input type="checkbox"/> Female Trainer Name: _____	<input type="checkbox"/> Personal Training <input type="checkbox"/> Pilates Personal Training	<input type="checkbox"/> Half hour <input type="checkbox"/> One hour	<input type="checkbox"/> 20 Sessions <input type="checkbox"/> 10 Sessions <input type="checkbox"/> 1 Session	Day(s) preferred: Time(s) preferred:
Comments: _____				

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The Solana Club
 Health Fitness Recreation